

# 3<sup>rd</sup> & 4<sup>th</sup> Grade Basketball

## Rules and Regulations

### 1. Gym Rules

The schools in the area have been kind enough to let us use their facilities, please treat them with respect.

- a) All accompanying children are the responsibility of the adults who bring them, please do not allow children to run freely or play in the halls and restrooms.
- b) Please leave the gymnasiums in better condition than when you arrived. Please remove all trash and belongings that you bring.
- c) If you are the last game scheduled for the day, please help the volunteers clean up the gym.
- d) Coaches have volunteered to teach these children the game and life lessons. Parents, please respect and support coaches. Please don't undermine or criticize the coach, you had an opportunity to be in their place yet passed it up.

### 2. Playing Rules

- a) Participants will play for the same designated team each game. The only exception is if there are not enough players for a game to start, another participant(s) may be borrowed from a different team of the same grade level.
- b) Each player will wear non-marking shoes.
- c) Game will be played on a 10 ft. basket.
- d) A Women's size ball (28.5) will be used.
- e) Four players are required to begin a game.
- f) No jewelry can be worn during game play.
- g) No hard casts will be allowed.
- h) Game length is eight-minute quarters with a running clock.
  - Clock will stop on all dead balls in the last minute of each half.
  - The clock may also be stopped at the discretion of the officials for special situations (player injury, correcting the book, etc.)
  - 1 minute water break in between quarters
  - Half time is 3-5 minutes
- i) Players must have equal playing time.
- j) Travels, carries, double dribbles, backcourt, blocking, charging, and illegal screens will be called at the discretion of the officials. An effort will be made to ensure these calls will be consistent during the game and from one game to the next by the referees.
- k) Each team will receive two time-outs per half (1 min each); they will not carry over.
- l) Substitutions are unlimited but must be made during a dead ball and must be official.
- m) Players are allowed to be in the key for five seconds, as opposed to three
- n) Each player is allowed 5 personal fouls a game.
- o) Two free throws are shot for shooting fouls.
- p) The free throw can be taken a step closer to the basket (in front of the foul line); shooter must not advance to get the rebound until the ball hits the rim.
- q) Two shot free throw for technical fouls plus possession.
- r) Bonus free throws (1&1) after 7th team foul. Two free throws after 10th team foul.
- s) Intentional fouls will be called on players when warranted.
- t) Flagrant fouls will be called for serious fouls or those of a violent nature. A flagrant foul will result in the expulsion of the player for the remainder of the game.
- u) Technical fouls will be called on players or coaches who exhibit extreme behavior of an unsportsmanlike nature. Technical fouls are to be reported to the Recreation Director and upon the second Technical for the season the individual will be suspended for the remainder of the season. Fans

- may be ejected from the gym by officials or Gym Supervisor/Recreation Director. If the individual refuses to leave, the game will be resumed upon the individual being escorted out.
- v) Two technical fouls in one game will result in an ejection and player will be considered for suspension. Two ejections will result in disqualification from league play for the rest of the season (Coaches or Players).
  - w) Score will be kept. If a team is winning by more than 10 points, the score will not show a difference greater than 10 points. The correct score will be kept in the books at the scorer's table.
    - For example, if a team is winning 16 to 2, the scoreboard will show 12 to 2. If the second team scores (16 to 4), the board will be changed to show the score at 14 to 4.
  - x) Games can end in a tie.

### 3. Offense

- a) Offense has ten seconds to advance ball to half-court.
- b) Any offensive player is allowed 5 seconds in the lane.
- c) Double dribble and traveling result in turnover.
- d) Fast breaks are allowed at all times.

### 4. Defense

- a) Half court man-to-man defense must be played the entire game.
  - No pressing will be allowed.
  - Zone defense is not allowed.

### 5. Sportsmanship

- a) Swearing, snide remarks, belittling comments or other negative behavior **IS NOT TOLERATED.**
- b) Any players, coaches, or spectators that display unsportsmanlike conduct will be asked to leave.
- c) Directors will do everything in their power to provide referees. If Directors are unable to find referees in advance, parents will be asked to help.